

What is claimed is:

1. A food menu providing system provided on a communication network, for providing with a user food menus applicable for a predetermined period, said system being characterized in that:

said food menu providing system provides to said user through said communication network the following:

food menus applicable for said predetermined period;
a cooking recipe for each of said food menus; and
a food material list having food material data such as quantities of all food materials necessary to said food menus for said predetermined period.

2. The food menu providing system according to claim 1, wherein said food material list comprises a shopping list for use by said user to purchase at one time the food materials necessary to said food menus for said predetermined period.

3. The food menu providing system according to claim 2, wherein said shopping list is transmitted to a portable terminal unit supporting the e-mail.

4. The food menu providing system according to claim 1, wherein said food material list is further provided to a

shop which sells the food materials, the food materials necessary to said food menus for said predetermined period are collected in advance at said shop, and the collected food materials are provided to said user.

5. The food menu providing system according to claim 1, wherein said food materials listed on said food material list are further collectively delivered to said user.

6. The food menu providing system according to claim 1, wherein said system is characterized in that other food menus instead of the provided food menus are provided in accordance with a request of said user based on the food materials necessary to said food menus for said predetermined period.

7. The food menu providing system according to claim 1, wherein said system is characterized in that if a part of said food materials is left, food menus which use the leftover food materials are further provided based on data of said leftover food materials.

8. The food menu providing system according to claim 1, wherein said system provides food menus which satisfy the conditions designated by said user.

9. The food menu providing system according to claim 1, wherein said cooking recipe includes at least any one of still image data, movie image data and voice data.

10. The food menu providing system according to claim 1, wherein said predetermined period is one week.

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